

Sterling Jets Physical Education



Elementary Classes

Kindergarten

Warm ups

- 1) jogging
- 2) skipping
- 3) galloping
- 4) backpedaling
- 5) butt kicks

Hops

- 1) both feet
- 2) right foot
- 3) left foot
- 4) backward
- 5) favorite hop

First-Fifth Grade

Warm ups

- 1) jogging
- 2) skipping
- 3) galloping
- 4) backpedaling
- 5) butt kicks
- 6) skipping foot slap
- 7) crazy feet
- 8) doubles and triples races

Hops

- 1) both feet
- 2) right foot
- 3) left foot
- 4) backward
- 5) forward backward
- 6) right-right left
- 7) left-left right
- 8) Rex Burkhead
- 9) favorite hop

Sixth Grade

Warm up walk to the walking path.

1) Mile Run - (Goal is to improve personal best by one second each day.) Top time for boys-6:07 girls-6:13

Students track their own personal best in the classroom.

2) Sit ups

3) Planks

*****Skills progression for all students.*****

Students participate in daily activities, that involve and improve their throwing, catching, kicking, shooting, bumping, setting and hitting skills.

Goal setting and skill improvement is talked about and practiced every day. Charting their efforts and knowing their personal bests helps hold them accountable for their efforts.

Each student is encouraged to participate in out of school activities such as elementary volleyball, football, baseball, softball, basketball and track as well as Punt, Pass and Kick; Knights of Columbus Free Throw Shooting and Hit, Pitch and Run.